

## Michigan Model Curriculum Grade K-5

- Grade K:** Phase I – Getting Acquainted With School  
Phase II – I Have Five Senses  
Phase III – Senses Keep Us Safe  
Phase IV – Health Helpers Keep Us Safe  
Phase V – Safe and Healthy Choices for Me  
Phase VI – Helping One Another Stay Safe and Healthy
- Grade 1:** Phase I – Helping Relationships  
Phase II – Helping Myself and Others Stay Safe  
Phase III – Learning to Say “No” to Drugs  
Phase IV – Preventing Illness  
Phase V – Health Habits to Grow By  
Phase VI – Growing and Caring
- Grade 2:** Phase I – Friends At Home and School  
Phase II – Safety First  
Phase III – Pollution: Inside and Out  
Phase IV – Understanding Our Eyes  
Phase V – Understanding Our Ears  
Phase VI – Helping and Growing
- Grade 3:** Phase I – Healthy Friendships  
Phase II – A Perfect Balance  
Phase III – The Amazing Balance  
Phase IV – Moving Out of Balance  
Phase V – Keeping in Balance  
Phase VI – Staying in Balance
- Grade 4:** Introductory Sections:
- Why Teach Health Education
  - Overview of the *Michigan Model for Health*
  - How to Use the Manual
- Social and Emotional Health [SE]  
Safety [NPA]  
Alcohol, Tobacco, and Other Drugs [ATOD]  
Human Immunodeficiency Virus [HIV]
- Grade 5:** Social & Emotional Health
- Strong Feelings
  - Telling Others What Bothers Us
- Nutrition and Physical Activity
- What’s In Food
  - Nutrients and Food Labels
  - Dietary Guidelines
- Personal Health and Wellness
- Clean and Cool
  - Puberty and Growing Up
- Always Changing Puberty Education Program**  
**Supplemental Resources: See Link: [www.pgschoolprograms.com](http://www.pgschoolprograms.com)**
- Video “*The Changing You*” – Supplemental Resource
  - *Always Changing* Instructor’s Guide – Supplemental Resource
- Safety
- Sun, Beach and Ice Safety

The *Michigan Model Health* Curriculum Materials and Resources and *Always Changing Puberty Education Program* Supplemental Materials and Resources are available for review in all Chicopee Public Elementary Schools